



Serves: 4

Mashed Potato and Winter Vegetables

Ingredients

- Potatoes, peeled and sliced 650g
- Garden peas, boiled and mashed 160g
- Pumpkin, diced and steamed till softened, mashed 160g
- Fried garlic 20g
- Salt, to taste
- Nutmeg ¼ tsp
- White pepper, to taste
- Rice bran oil 2 tsp

Tips:

- Cook and serve vegetables just before eating to retain maximum nutrient value.
- The recommended amount for sodium a day is not more than 1 teaspoon of salt.
- Beancurd, pulses and lentils, peas and beans are good source of protein and low in saturated fat. They can be used to replace meat in some dishes.

Method

- Boil potatoes until soft in a deep stock pot filled with water.
- Using a potato masher, mash cooked potatoes.
- Fold in peas, pumpkin and fried garlic. Season and serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 200kcal

Protein 6.2g

Total fat (g and % of total calories)
2.7g (11.7%)

Saturated fat 0.5g

Cholesterol 0mg

Carbohydrate 39.4g

Dietary Fibre 5.0g

Sodium 331mg